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ABSTRACT

Text, illustrations, and exercises are utilized in this set of three learning modules to instruct the general public in methods of exploring human psychology and personal interrelationships. The first module, "The Basic Idea behind Rational-Emotive Therapy" by Vincent Larkin, distinguishes between rational and irrational fears and discusses the fundamental principles of rational-emotive therapy. The second module, "Eliciting the Relaxation Response through Self-Hypnosis" by Richard L. Bunning, describes the common elements of all relaxation techniques; the proper positioning, timing, and frequency of self-hypnosis; and the five basic steps in self-hypnosis. This module also provides the text of a recorded cassette which is used while practicing the self-hypnosis techniques. The third module, "Relationship Perceptions" by Thomas Shostak, provides a series of exercises to be used by a group of three persons in order to discover the varying perceptions each individual has of interpersonal relations. Each of the modules describes techniques and procedures, provides reinforcement exercises, and concludes with a post-test and answer key. The modules are designed to be completed in a specified amount of time ranging from 20 to 30 minutes. (JP)

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HEALTH INSTRUCTION PACKAGES:

CONSUMER -- BEHAVIOR/EMOTIONS

Modules prepared by:

Vincent Larkin

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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

THE BASIC IDEA BEHIND RATIONAL-EMOTIVE THERAPY

By

Vincent Larkin

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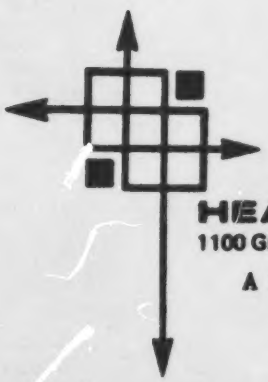
AUTHOR:	Vincent Larkin
INSTITUTION:	Brookdale Community College, Lincroft, N.J.
TITLE:	The Basic Idea Behind Rational-Emotive Therapy
INTENDED STUDENTS:	Public (14 years and up)
ESTIMATED WORKING TIME:	20 minutes
MATERIALS NEEDED:	None
REVISED:	June 1, 1977



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INTRODUCTION

Albert Ellis is the founder of Rational-Emotive Therapy. The theoretical foundation of RET is a cause-effect relationship between thoughts and emotions. This unit will briefly discuss emotions and rational vs. irrational thinking, then outline the key concept of RET, using an A-B-C model of the cause-effect relationship.

OBJECTIVES OF UNIT

Objectives

You will describe the basic idea behind Rational-Emotive Therapy.

You will:

State three ways the human emotional centers are controlled.

State two basic self-hurting emotions.

Give an example of an appropriate stressful emotion and an inappropriate stressful emotion.

Define an irrational belief.

Describe the A-B-C model of RET

PRACTICE EXERCISE #1

Your emotions usually arise through a three-way process involving 1) electro-chemical stimulation of the autonomic nervous system and the emotional center of the brain; 2) sensing and moving; 3) thinking. In turn, your emotions can be controlled (calmed down) in three major ways: electro-chemical, sensing-moving, and thinking. Examples of these three ways would be electro-shock treatment or drugs; relaxation exercises or yoga breathing techniques; reflecting and telling yourself to calm down. In this unit you will learn about the relationship between one of these ways -- thinking -- and your emotions.

Practice Question #1

What three interrelated ways can be used to stimulate or depress your emotional centers? (Answer on separate sheet before continuing.)

Feedback

The three ways your emotional centers can be controlled are 1) electro-chemical; 2) sensing - moving; 3) thinking.

If this was your answer, you did a good job of understanding the assigned reading. Go on to Exercise #2. If your answer was different, re-read to see what you're going on.

PRACTICE EXERCISE #2

Human beings have many different emotions. Some emotions -- such as joy -- are positive and highly desirable. Others -- such as anger, fear, guilt or shame -- are negative and often self-hurting, even self-destructive. Still others - sadness and grief -- may be seen as neutral, not emotions we seek out, but also not self-hurting or self-destructive if experienced as part of our humanness, as an inevitable part of being alive. Of all the self-hurting emotions two are basic: inappropriate fear and anger. They are usually at the heart of other self-hurting emotions. If we feel guilt or shame, for example, we usually fear the disapproval and/or punishment of someone: God, our parents, other people. Anxiety always has a large component of fear. Anxiety may also involve anger, either conscious or suppressed. Inappropriate fear and anger, then, are the most common and powerful self-hurting emotions.

Practice Question #2

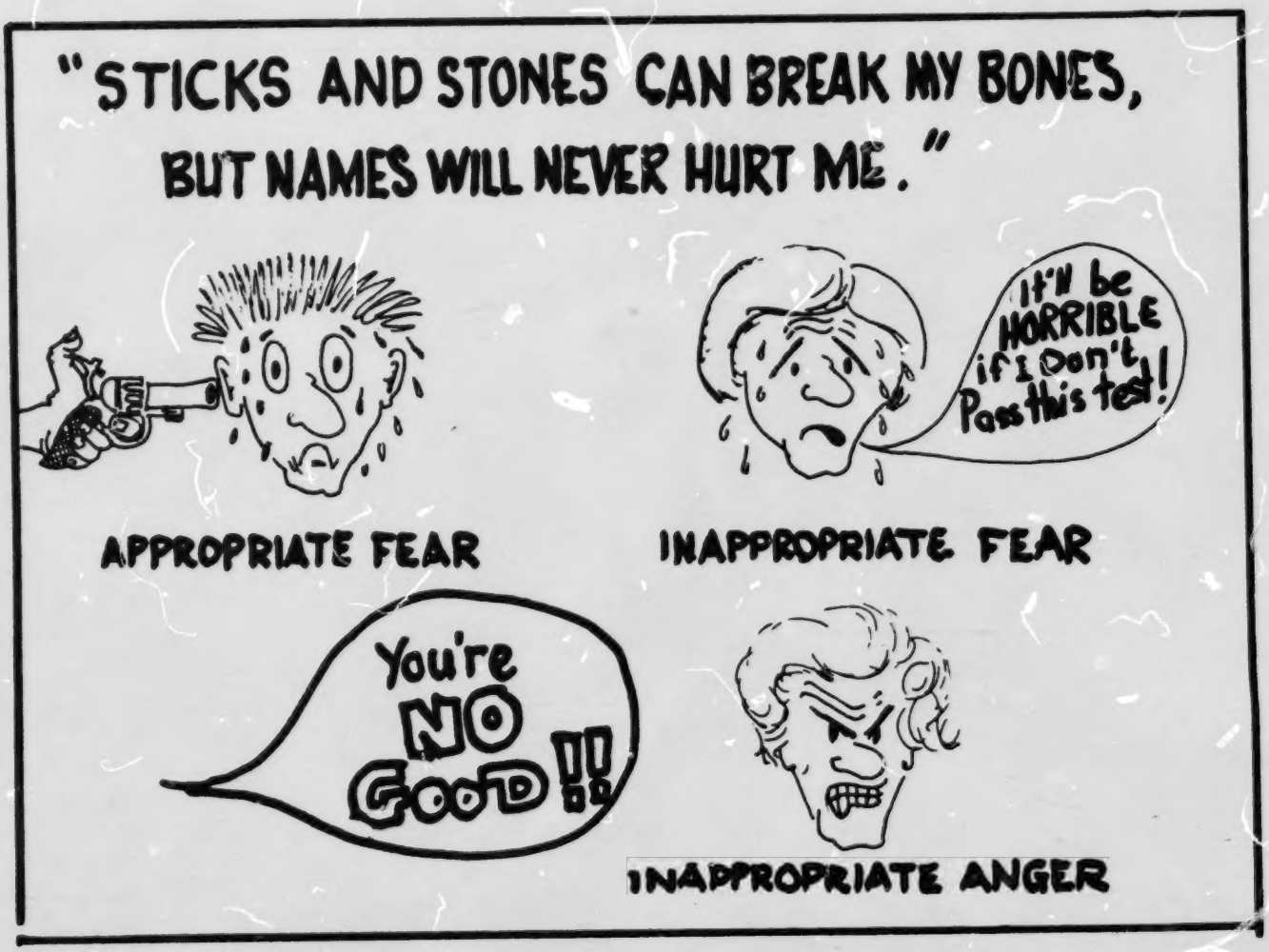
Of all the human emotions, which two are at the root of most unhappiness and suffering?

Feedback

The two basic self-hurting emotions are inappropriate fear and anger. If these emotions were in your answer, go on to Exercise #3. If not, re-read Exercise #2 before going on.

PRACTICE EXERCISE #3

You have been reading about inappropriate fear and anger. Following is a discussion of the difference between appropriate and inappropriate emotions. When the human organism perceives a threat or danger it reacts defensively with many bodily changes. These include higher blood pressure, more sugar in the blood (for greater energy), and a greater capability of the blood to clot. This is called the Flight or Fight Syndrome. It prepares the body to be aggressive -- fight back -- or to flee from danger. These bodily changes are usually experienced as the emotions of fear and anger. These are always stressful emotions. They are <u>appropriate</u> stressful emotions if they help to defend, protect or preserve the biological organism in case of <u>real</u> danger. They are <u>inappropriate</u>, unnecessarily stressful and therefore self-hurting, when there is no real danger -- when the harm or discomfort we might suffer is imaginary or exaggerated. If someone points a gun or knife at you and threatens to kill you, your fear is an appropriate emotion. If you're afraid to speak up in a group, meet new people or take a test, your fear is <u>inappropriate</u>. There is no physical danger. Nothing terrible will happen to you. If someone calls you a bad name, anger would be <u>inappropriate</u>. You have not been physically hurt. If your "feeling" are hurt, <u>you</u> have hurt them, not the other person.


"STICKS AND STONES CAN BREAK MY BONES, BUT NAMES WILL NEVER HURT ME."
It'll be HORRIBLE if I don't Pass this test!
APPROPRIATE FEAR
INAPPROPRIATE FEAR
You're NO GOOD!!
INAPPROPRIATE ANGER

PRACTICE EXERCISE #3 (cont'd)

Practice Question #3a.

Describe a situation or event where fear or anger would be appropriate.

Practice Question #3b.

Describe a situation or event where fear or anger would be inappropriate.

Feedback

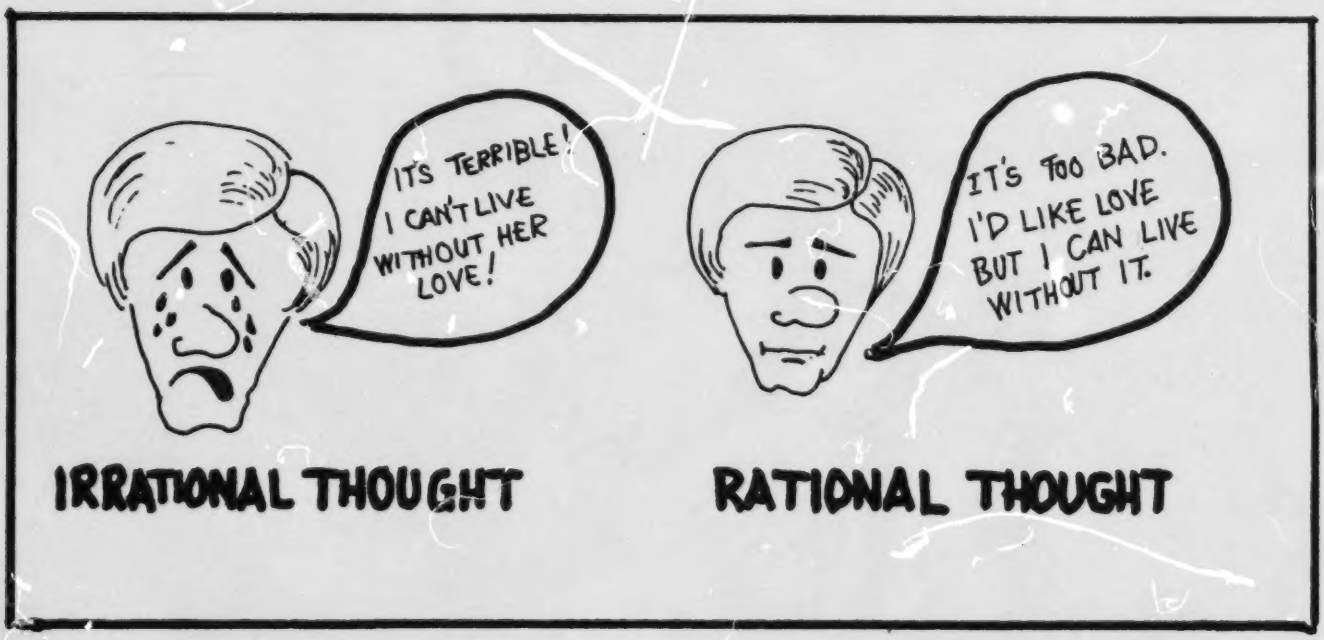
The situation or event for 3a should have been one in which fear or anger increased your ability to avoid real danger. The emotion is appropriate because it helps in survival.

If there was no real danger in the situation or event for 3b, fear or anger would be inappropriate. The emotion and bodily changes were not part of a response necessary for survival.

If both your examples met the above descriptions, you know the difference between an appropriate and inappropriate emotion and can go on to Exercise #4. If not, re-read the input on Exercise #3 before proceeding.

PRACTICE EXERCISE #4

Our beliefs -- or thoughts -- can be either rational or irrational. If they are rational they are based on reality, reason and common sense. They can be scientifically proved to be true. "I will be killed if someone shoots me in the middle of the forehead and that will be terrible" is a rational thought. It has been proved to be scientifically true many times. "If someone calls me a bad name, that will be terrible" is not a rational thought. It will not be terrible. This thought is irrational. "I can't live if so-and-so doesn't love me" is an irrational thought. It simply isn't true. You can live if you want to. An irrational thought is one that is not true, valid, or realistic if you examine it scientifically, rationally, objectively. It has no basis in reality and is usually an exaggeration.


IT'S TERRIBLE! I CAN'T LIVE WITHOUT HER LOVE!
IT'S TOO BAD. I'D LIKE LOVE BUT I CAN LIVE WITHOUT IT.
IRRATIONAL THOUGHT
RATIONAL THOUGHT

PRACTICE EXERCISE #4 (cont'd)

Practice Question #4

How would you describe an irrational belief to a friend?

Feedback

Your answer should include the idea that you cannot prove or demonstrate that an irrational belief is true or conforms to reality. It is usually an exaggeration, with no basis in real fact.

If your answer was similar to the above, you're ready to move on to the final section of this unit.

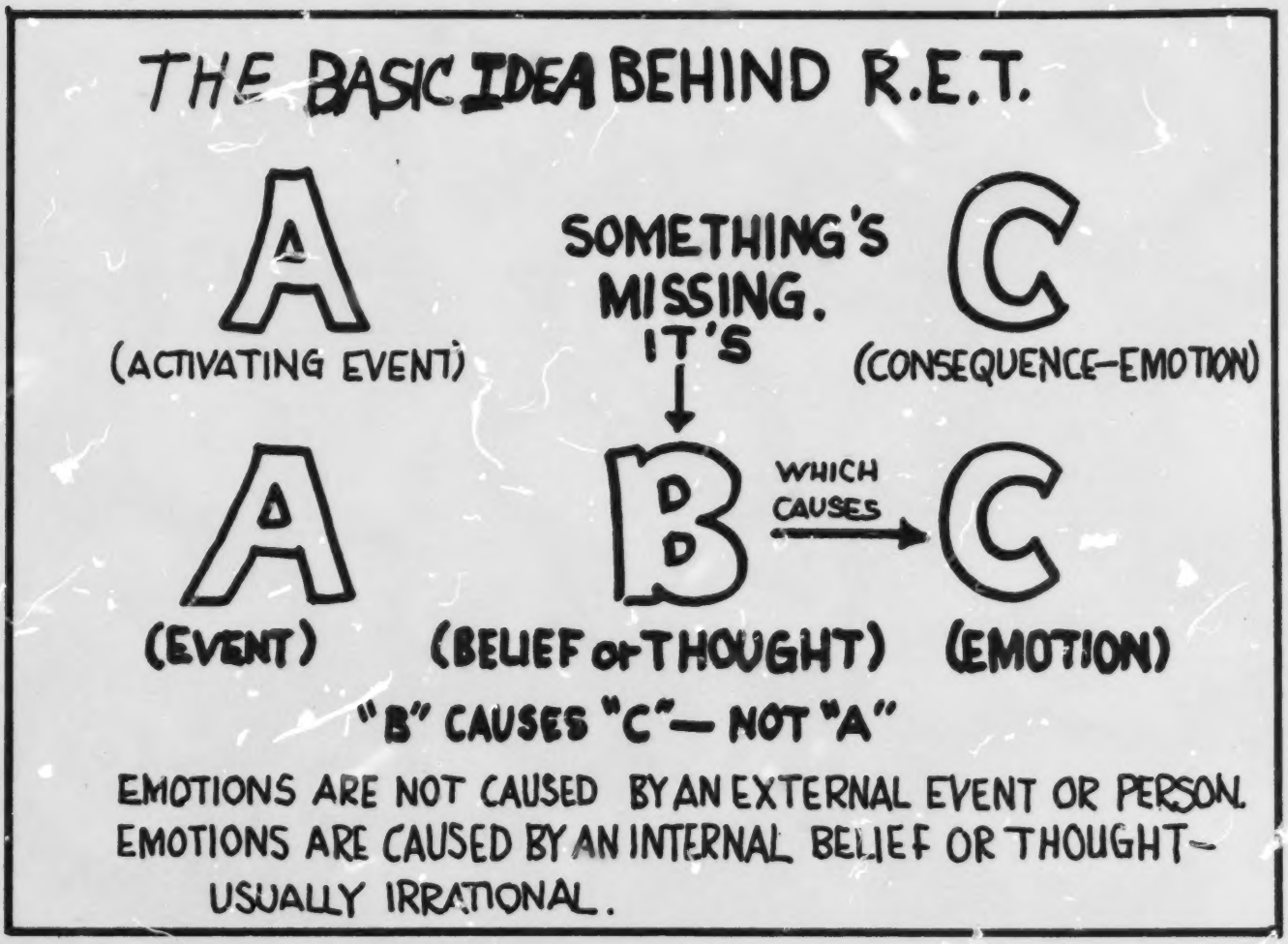
If you missed the main points about irrational beliefs, re-read Exercise #4 before proceeding.

PRACTICE EXERCISE #5

So far you've learned that certain stressful emotions - such as fear and anger - are sometimes inappropriate and therefore self-hurting. You've also learned that thinking is one of the three ways to control your emotional centers and that some types of thinking - or beliefs - are irrational because they're not based on reality.

Rational-Emotive Therapy puts all this together by saying that all inappropriate self-hurting emotions are caused by irrational thinking or beliefs - not by an event or another person. A simple example: if you are bumped from behind on a crowded street your first reaction might be anger - until you see that you were bumped by a blind person. You would then calm down. The intensity of your reaction depended upon the way you thought about the event.

This idea can be put into a simple A-B-C model, where A is the Activating event, B is the Belief, and C is the Consequence (emotion). We often say an outside event or person causes our emotion, but in fact we cause the emotion. To sum up, our emotions (C) are caused by our beliefs (B), not an external event or person (A).



Practice Question #5

In the simplest terms, describe to a friend the A-B-C model of RET.

Feedback

Your answer should be something like this: our emotions (C) are caused by our beliefs (B), not an external event or person (A).

If your answer was similar to the above, you have a good understanding of the key idea behind RET. Go to the post-test and check the answers on the final page.

If not, re-read Exercise #5 before going on.

POST-TEST

Complete the following statements.

1. Three ways the human emotional centers can be controlled are

2. The two basic self-hurting emotions are

3. An example of an appropriate stressful emotion is

4. An example of an inappropriate stressful emotion is

5. An irrational belief is one that

6. The A-B-C model of RET states that

ANSWERS TO POST-TEST

1. a) electrical or biochemical b) perceiving - moving c) thinking
2. inappropriate fear and anger
3. where there is real danger
4. where there is no real danger
5. has no basis in reality - usually an exaggeration
6. our emotions (C) are caused by our beliefs (B) not an external event or person (A)

If you got them all right, you've done an excellent job of understanding a theory used in helping people handle both emotional problems and everyday concerns. You may now wish to learn more about RET. This can be done by reading A Guide to Rational Living, by Albert Ellis and Robert Harper. (Wilshire Book Company, Los Angeles)

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ELICITING THE RELAXATION RESPONSE THROUGH SELF-HYPNOSIS: UNIT III

by

Richard L. Bunning

Claire Read, Illustrator

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TITLE:	Eliciting the Relaxation Response Through Self-Hypnosis: Unit III
AUTHOR:	Richard L. Bunning
INSTITUTION:	Samaritan Health Service, Phoenix, Arizona
INTENDED STUDENTS:	Public
ESTIMATED WORKING TIME:	30 minutes
MATERIALS NEEDED:	Audio cassette player
REVISED:	September 1, 1977

NOTE: This unit, third in a series, includes a script which must be recorded on an audio cassette for use with the learning unit. The script is found on Pages A through G at the end of the unit.

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INTRODUCTION

The first instructional unit of this series introduced you to the concept of stress and its psychological and physiological effects. Unit II "personalized" stress in that you were able to explore your own personal patterns of stressfulness and non-stressfulness. Also included was an introduction to the "relaxation response" and other methods of dealing with stress. The present unit gives you the opportunity to explore self-hypnosis, one of several techniques that may be used to elicit the response. You are encouraged to also experiment with Unit IV, "Eliciting the Relaxation Response through Meditation."

BACKGROUND

From Unit II you may remember that different techniques which elicit the physiological changes of the relaxation response, such as Transcendental Meditation, Zen and Yoga, bio-feedback, etc., appear to have four basic components in common:

A. A quiet environment is suggested for practicing the technique.

B. A mental device to keep the mind from wandering is used. Such a device may be a repetitious word or phrase.

C. A passive attitude is perhaps most essential.

D. A comfortable position is also recommended.

Self-hypnosis incorporates the same four components in its technique.

Hypnosis is centuries old and often is associated with mysticism and the occult. The present treatment of the subject does not attempt to deal with these "powers" of hypnotism since they are largely over-rated and exaggerated and besides, no one is going to hypnotize you and "bring you under their spell." Hypnotism has been found to have some limited application in psychotherapy, the breaking of habits such as smoking, dealing with pain, gaining a more positive attitude, and in other areas.

Your experience with self-hypnotism will be directed to increasing your awareness of and ability to deal with stress. In addition, the "trance" which you will enter is nothing more than a state of deep relaxation in which your mind is open to suggestions.

In preparation for doing the technique you should allot approximately 20 minutes once or twice daily. Good times are shortly after rising, mid-morning, or mid-evening. Less favorable times are immediately after eating or at bedtime, since sleepiness may interfere with the technique. The positioning of your body is important. The best position is lying down on a couch, mat, bed, or other soft surface on which you can become as comfortable as possible. However, if you get so comfortable that you doze off, you should probably try sitting in a comfortable chair or other position in which you can become relaxed but not <u>too</u> relaxed.

<u>QUESTION 1</u>

What is the best:

A. body position for your practice of self-hypnosis?

B. time of day for your practice?

C. number of times daily recommended for the technique?

You are correct if you answered:

A) a lying-down position;

B) shortly after rising, mid-morning or mid-evening;

C) once or twice daily.

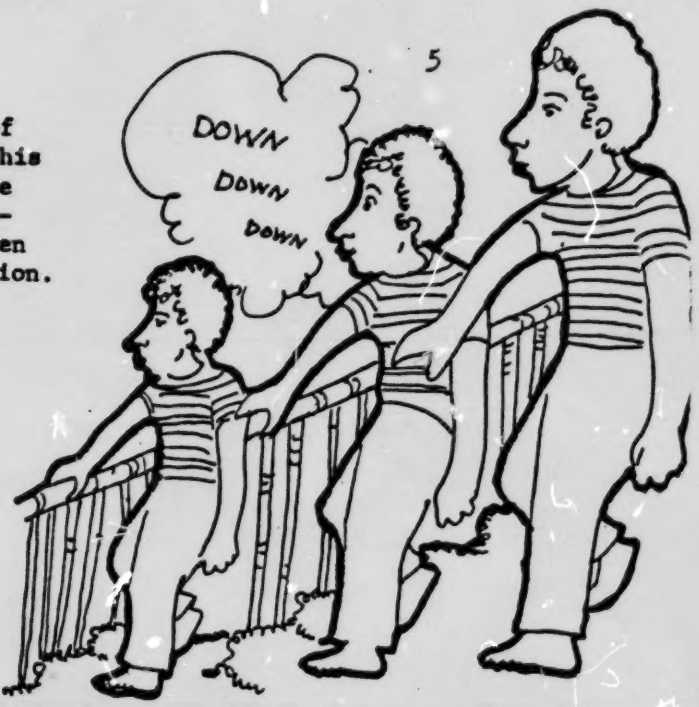
A cassette tape with a suggested script is provided with this unit. You may wish to listen to it several times initially to learn the script and the response, but eventually you should begin repeating the script silently to yourself.

The script is essentially divided into five steps. There is nothing "sacred" about the script and you may wish to alter portions of it to increase its effectiveness to you, personally. The five steps are:

1. Physical relaxation. This period of time is concentrated on relaxing specific body parts, slowing your breathing, and becoming as comfortable as possible.

2. Mental relaxation. In this step you become mentally relaxed by thinking of your ideal vacation spot or other relaxing thoughts.

3. Deepening the state of relaxation. During this stage you will use the mental imagery of descending steps to deepen your state of relaxation.



4. The hypnotic suggestion. This step provides the opportunity to make suggestions to yourself about dealing with stress as it occurs in your day-to-day activities.

5. Emergence. This final step is one in which you terminate your state of relaxation and return to your normal state of alertness.

QUESTION 2

Briefly name and describe the five steps of self-hypnosis that you will find on the tape accompanying this unit.

1)

2)

3)

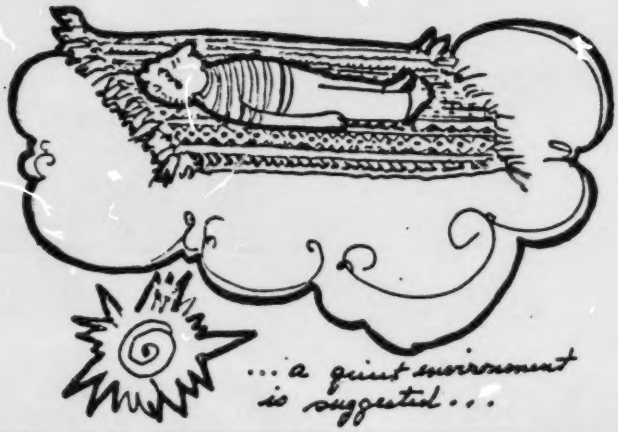
4)

5)

Though your words may differ, your correct answer should include:

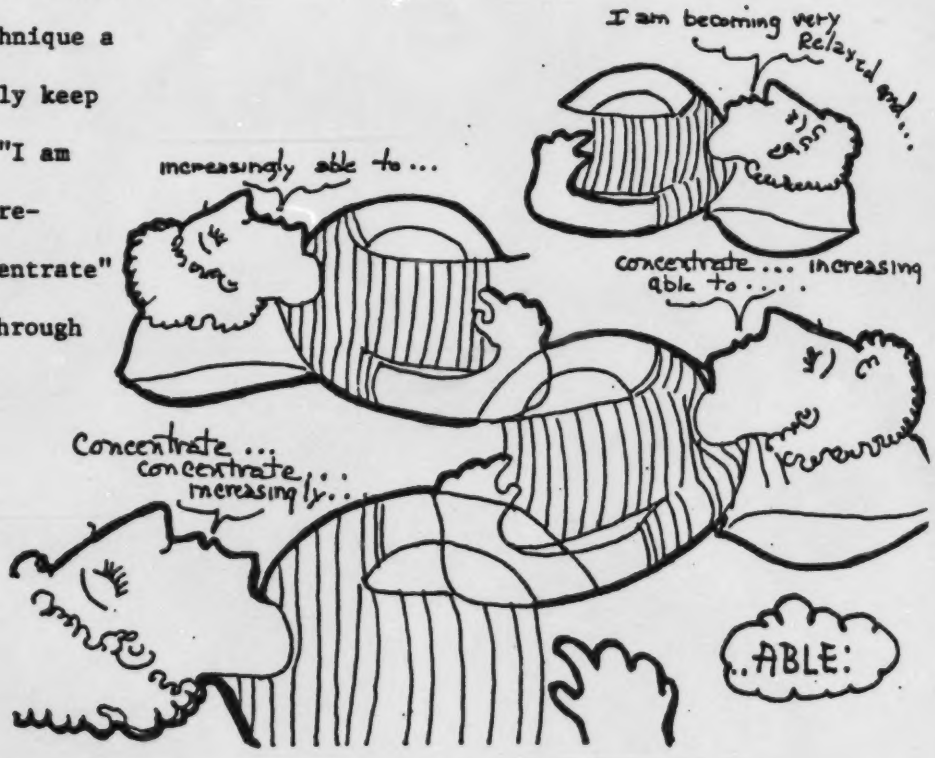
1) Physical relaxation of specific body parts, slowing your breathing and becoming comfortable.
2) Mental relaxation through relaxing thoughts.
3) Deepening relaxation through the mental imagery of descending steps.
4) Hypnotic suggestions to yourself about daily dealings with stress.
5) Emergence from the state of relaxation to your normal state of alertness.

As you practice the technique you will notice that self-hypnosis employs the four relaxation components of other techniques.



1) A quiet environment. You should be alone in a quiet place free of distractions. If a phone rings or a visitor appears, no harm is done. Simply return to the technique after you have dealt with the interruption

2. A mental device. It is common for your mind to wander until you have practiced the technique a number of times. Simply keep repeating the phrase, "I am becoming increasingly relaxed and able to concentrate" as you make your way through the technique.



3. A passive attitude. When distracting thoughts occur, disregard them and return to the repetition. Don't worry about how well you are doing the technique since this may interfere. Just adopt a "let it happen" attitude. This attitude may well be the most important element in eliciting the "relaxation" response.

4. A comfortable position

To check your recall before listening to the tape the first time:

QUESTION 3

What common elements are found in self-hypnosis and other relaxation techniques?

A.)

B.)

C.)

D.)

Your correct answer should include: A.) A quiet environment; B.) a mental device; C.) A passive attitude; D.) A comfortable position.

Now find a quiet place, assume your position, and begin playing the tape. After you have finished, turn to the next page. Do not look at it now.

Now that you have completed the technique, answer the following questions:

QUESTION 4

A. _____Was the prone position conducive to relaxation for you? (If it was too relaxing, try a sitting position next time.)

B. _____Were you able to feel the tension drain from various body parts as you concentrated on relaxing them?

C. _____Did you experience the twitching of your eye lids when it was mentioned on the tape?

D. _____Were you able to discover the visual images of softness, peacefulness, and descent as suggested by the script?

E. _____Did your index finger actually rise when the script asked you to test your depth of relaxation?

F. _____Did you feel more relaxed after you completed the technique?

If you did not respond positively to each item or even most of them, do not worry. Remember that practice will help. However, if you found no positive responses, you may wish to move on to another type of technique.

A final objective for this program was that you would respond affirmatively to at least three of the six items in the checklist after completing your first practice of the technique. If you did not respond affirmatively to at least three of the items, don't worry. Practice will help or it may be that self-hypnosis is not for you.

Remember that self-hypnosis is like all other relaxation techniques in that:

Practice will improve its effectiveness just as in any relaxation technique.

The technique must be incorporated as a part of your daily activities in order to gain any benefits of more than a temporary nature.

To check your level of learning, please turn the page and complete the post-test. You may first want to brush up on those items which you did not complete correctly in the practice.

POST TEST

1. What are the four common elements found in all relaxation techniques?

   A.

   B.

   C.

   D.

2. Describe the proper positioning, timing, and frequency of practicing self-hypnosis.

   A.

   B.

   C.

3. Describe the five stages of the script which is utilized in inducing self-hypnosis.

   A.

   B.

   C.

   D.

   E.

POST-TEST ANSWER KEY

1. A. A quiet environment
   B. A mental device
   C. A passive attitude
   D. A comfortable position

2. A. Lying on a couch
   B. Shortly after rising, mid-morning or mid-evening
   C. Once or twice daily

3. A. Physical relaxation
   B. Mental relaxation
   C. Deepening the state of relaxation
   D. The hypnotic suggestion
   E. Emergence

Richard L. Bunning

On Cassette: Eliciting the Relaxation Response Through Self-Hypnosis

This recorded script is designed to help you initiate the process of self-hypnosis in eliciting the relaxation response. You should begin by finding a quiet place to lie down, a place free of distractions, and a place where you are not likely to be disturbed for 15 to 20 minutes. If you have not done this, turn off the recorder, and do it now. Now that you have found a nice place to lie down, lie very flat, become as comfortable as you can, stretch out, close your eyes, and.....just.... become...as....comfortable...as....possible.

Think about your body, and let it just sort of sink down in the mat or on the couch or wherever you are lying...just sort of sink down... become very relaxed. Let your breathing become more steady...become slower... just relax and listen to the sound of the tape. Begin thinking about your body.

First of all....your feet, think about your feet, let the tension drain out of your feet and let them...just...sink...down. As you relax, you may wish to stretch the particular part of the body that we're talking about ....perhaps tighten it up, tense it...or whatever...and then go limp and relax or you simply may wish to let the tension drain out of it. You may experiment with both methods of doing the relaxation response and simply choose the one that works best for you.

Eliciting Relaxation Response Through Self-Hypnosis

Now think about your feet, and let them relax...get very, very comfortable...just drain all the tension out and sink down...just let them sink into the softness under you. Now, think about your ankles...let them relax, let the tension drain out of them, and just sink down and become very relaxed. In the meantime, your breathing is becoming slower...slower....and steadier... and more rhythmic...and you are becoming very relaxed...and increasingly able to concentrate. Think about your calves, let them relax...let the tension just drain out....relax...now your knees...let them sink down very, very slowly...let them sink down...becoming very relaxed. Now think about your thighs. Relax them...just sink down...sink down, become very relaxed...and let the tension drain out of your thighs...your whole legs should feel very relaxed, very, very relaxed....your breathing is steadier....let them relax and just sink down, just sink down. If a pressure point is bothering you, adjust your body or just move your legs or hips or squirm or wiggle, just so you are very relaxed and sinking comfortably...sinking comfortably, very, very relaxed. Now, think about your back, your lower back and your upper back. Typically, your back is the area where you will find the most tension, so just let it relax, think about it and just let the tension drain out. Perhaps flex your shoulders...your back muscles...let the tension drain out... just sink down in to the softness....become very relaxed...your lower back .....let it relax....let it relax. Did you notice when you were tense where you would like to have your body rubbed or your shoulders and your back. Nothing like a back rub to relax and let the tension just drain out.

Become very, very relaxed, breathing slower and more rhythmic. Become very relaxed. There you go.

Eliciting Relaxation Response Through Self-Hypnosis

Now that your back is relaxed, move to your neck, and think about it. Let the tension just drain out and sink down, sink down, very relaxed.

Perhaps....adjust your neck a little bit...let it become relaxed... now your head. Let the tension drain out...let your face muscles go relaxed, your forehead.

Think about your scalp...let it become very relaxed, very, very relaxed. Let your breathing become slower and more relaxed....become very relaxed...now, move to your shoulders and your arms. Let them relax.

Adjust them so that you are perfectly comfortable so that nothing in your body wants to be moved. Everything is just lying in the softness. ....your forearms relaxing....your hands becoming very relaxed. Now, think about your body as a whole, feel it touching the floor of the mat you are lying on. Let it just sink down into it....become very comfortable.

If the pressure point is bothering you, move it, adjust it, relax.

Just sink down into your softness as much as possible...becoming very relaxed and increasingly able to concentrate, feeling very, very relaxed as your mind begins to wander, don't worry about it.

Think of the script and listen and follow what's happening.

Now think of yourself lying on something that is the softest thing in the world. Now for you it may be a cloud or it might be a big bale of cotton... it might be a water bed or it might be the softest, softest Kleenex in the

world....but....just imagine yourself...sitting in the middle of that softness, lying there, just lying there....sinking down. Become more relaxed....more and more relaxed...and sinking in. Your whole body is just feeling peaceful.

Now imagine that you are floating on that softness and that your favorite vacation spot is wating for you down below and so...let the softness float you down....might be a lake or the seashore....some place that is perfectly peaceful and calm....serene....becoming very relaxed and your softness is just floating downward toward it....becoming very relaxed...rhythmic breathing, increasingly able to concentrate on the sound of this tape....becoming very relaxed....just floating downward....floating down...down....perfectly at ease. Now, you are in that vacation spot, lying there perfectly relaxed....not a care in the world....very, very relaxed. You may have noticed by this time that your eyelids may be twitching a little bit...if so, that is a good sign that you are responding....and that you are relaxing....if not, don't worry about it. Now, imagine yourself at the top of a carpeted staircase....and there are three sets of stairs....three flights of stairs...and down at the bottom is the most relaxing room that you can imagine.

Think of some relaxing colors for that room down there - some relaxing cushions or sofas, perhaps a carpet....deep thick....shag carpet...down at the bottom of these three flights of stairs. It's your own room of relaxation.... .. the most relaxing room that you can think of and at the top of these sets of stairs will begin descending one step at a time and as you descend toward your room of relaxation, you will become increasingly relaxed....deeper and deeper....into your state of relaxation....increasingly able to concentrate

Eliciting Relaxation Response Through Self-Hypnosis

and your body is more and more relaxed so here you go at the top of these first flights of stairs. Each flight of stairs has 10 steps so let's go down the stairs, start at the first step....increasingly relaxed...deeper and deeper. Second step....deeper....increasingly relaxed...rhythmic breathing....

Step...3...Step....4....just sinking into your carpet, becoming...more.... relaxed....

5.....6.....breathing is more rhythmic....7....8....deeper....9....10....the bottom of the first flight of stairs down below.....you can see the room more clearly....and you are closer to it...toward two flights of stairs to go.... down you go....

Step 1....2....more relaxed, increasingly able to concentrate....3.... breathing is more rhythmic....step 4....just sinking into the carpet...Step 5.....relaxing....step 6....7....8....very relaxed....now....9....very, very relaxed....step 10.

Down at the bottom of the second set of stairs, one flight of stairs to go.... to your room of relaxation...step 1....more and more relaxed....step 2....step 3... step 4....step 5....very relaxed....step 6, 7, 8...very relaxed....step 9, very, very relaxed...and step 10....you have stepped onto the very plush carpet of your own room and now, look around the room, and find the softest place in the room, and find the softest part of the room whether it is part of the carpet... whether it is on the couch, by the fireplace or wherever....glide over to the softness and lie down on it....and just become very, very relaxed, very mentally alert, very relaxed, deeper and deeper and just sink down into a state of relaxation in your own room of relaxation...now that you are very relaxed...as a signal to yourself that you are relaxed....raise the index finger of your

Eliciting Relaxation Response Through Self-Hypnosis

right hand. If you are very relaxed, lift the index finger of your right hand. Right now....OK....put it down....this can be used as a sort of test to yourself to gauge your state of relaxation or your depth of relaxation.

If you are very relaxed, your fingers should rise....if not....you may wish to spend some time with doing the script by yourself and getting deeper into your state of relaxation. Now that you are very relaxed and sitting in your room of relaxation on the softness of your own couch, just sinking in being very relaxed....deep....rhythmic breathing, mentally very receptive. You can begin giving yourself suggestions on dealing with stress. The suggestion is that you will be increasingly able to bear the pressure of stress in your daily activities....you will be increasingly able to bear the pressure of stress in your daily activities. It is not that you will not be able to feel stress. It is very human to feel stress; everybody feels stress, but you are able to bear the pressure of stress. You will be able to deal with it. So the suggestion is that you will be able to bear the pressure of stress in your daily activities. You are very relaxed....very receptive.... and you will be able to remember this....you will be able to bear the pressure of stress in dealing with your daily activities. Now that you have the suggestion....you are very relaxed....can think about deepening your state of relaxation...this is how you will do it....

Eliciting Relaxation Response Through Self-Hypnosis

I will repeat the numbers one through five and as I do so, you will become increasingly alert, increasingly awake, feel perfectly fine, and will be enthusiastic to continue with your daily activities as I repeat the numbers one through five....increasingly alert....increasingly responsive and you will be enthusiastic to continue with your daily activities. You will emerge from your state of relaxation, feeling perfectly fine, never having felt better in your life.

Here we go...1...2...3...4...5....wide awake, eyes open, feeling alert, perfectly awake. You are enthusiastic to continue with your daily activities.... Now, you can return to the written portion of your learning unit.

* * * * *

ANSWER SHEET TO PRACTICE QUESTIONS

1. A.

   B.

   C.

2. 1)

   2)

   3)

   4)

   5)

3. A.

   B.

   C.

   D.

4.

	Yes	No
A.	____	____
B.	____	____
C.	____	____
D.	____	____
E.	____	____
F.	____	____

ANSWER SHEET TO POST-TEST

1. A.

   B.

   C.

   D.

2. A.

   B.

   C.

3. A.

   B.

   C.

   D.

   E.

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A PROJECT OF THE LEAGUE FOR INNOVATION IN THE COMMUNITY COLLEGE

RELATIONSHIP PERCEPTIONS

by

Thomas Shostak

Lauren Richardson, Illustrator

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TITLE:	Relationship Perceptions
AUTHOR:	Thomas Shostak
INSTITUTION:	Brookdale CC, Lincroft, NJ
INTENDED STUDENTS:	Public
ESTIMATED WORKING TIME:	30 minutes
MATERIALS NEEDED:	Four 5" x 8" cards
REVISED:	Nov. 15, 1977

NOTE: Effective use of this unit requires three people working together.

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Human relationships can be fun, enjoyable, threatening, painful, lively, and a host of other things. But, more than anything they are real and always with you, even when you are not with anyone! How people view relationships however, vary as much as there are people who form them, Let's examine those perceptions within the context of a unique relationship that might provide a practical experience for a theoretical understanding.

Since you have picked up this package first, you will act as the reader (as well as a participant) for a group of three people. This package cannot be completed unless there are two other people working with you. Put down the package until there are a total of three people ready to begin.

If there are three, you may continue. Remember, as you proceed, that the package is only a means to an end, it is <u>not</u> the end. Keep your attention on each other; all the input and feedback you will need is among the members of your group. You might need to remind each other of that.

As the group works through the practice exercises and the Post-Test at the end of the unit, please have each person fill in separate Answer Sheets to provide the author with feedback on how well he has succeeded in presenting you with this introductory exercise on expressing how you feel about yourself in relation to other people.

PRACTICE EXERCISE #1

As reader, be sure to read each practice question aloud to your group. Read clearly and be sure to keep your group on the subject or exercise; move ahead steadily and within the framework of the experience. Where asterisks (***) mark a space, put down the package and complete the exercise. Do not continue reading until you have completed the exercise described.

Practice Question #1

a. The following series of exercises depends on each of us knowing each other. Each of us should now state our names and one short descriptive sentence about who we are, something that would best identify ourselves.

* * *

b. Now check how well you listened. We often are so concerned about what we said or should say that we really don't hear the others. Test yourself by telling each other what you heard.

* * *

The first part of the practice question was the usual "get-acquainted" exercise we normally take part in. The second was the real "eye-opener." The difference between how carefully you thought you were listening and how carefully you really listened may be something the group wants to comment on before proceeding to the next exercise.

PRACTICE EXERCISE 2

As individuals, we all have different perceptions, particularly of a subjective concept like "relationships". Your perception will grow through discussion with your colleagues.

Practice Question 2

a. Each person will now pick up a 5x8 card. On it, each person will write his/her definition of the word "relationship".

* * *

b. Each person will now read or explain his/her definition aloud to the group. The others listening should clarify their understanding of the concept as expressed by each person by restating what was heard. During the clarification, express to each other how the definitions differ.

* * *

c. As a group now, come up with a definition that would encompass all three of the individual perceptions expressed. One member of the group should now write this "concensus" definition on a fourth 5x8 card

* * *

At the first step of the question, you very likely had three definitions from the three people participating. Your discussion probably expanded each person's definition so that your final group definition was much broader than any of the initial three.

The next practice exercise will demonstrate further the wide range of uses of the term "relationship."

PRACTICE EXERCISE #3

relationship (ri-lā' shun-ship') n. (1.) The condition or fact of being connected or associated. (2.) connection by blood or marriage; kinship.

(American Heritage Dictionary of the English Language)

Practice Question #3

a. On the back of the same card referred to above (consensus definition), draw a horizontal line across the card with perpendicular vertical lines that divide the horizontal line into five equal segments. Number the segments consecutively from 1 to 5. In section number 1, write what the group would perceive to be a very "narrow" definition of the word "relationship". In section number 5, write what the group would say was a very broad definition of the word.

* * *

b. Write each person's name on the scale in a section that best corresponds to that person's original perception of the term, relationship.

* * *

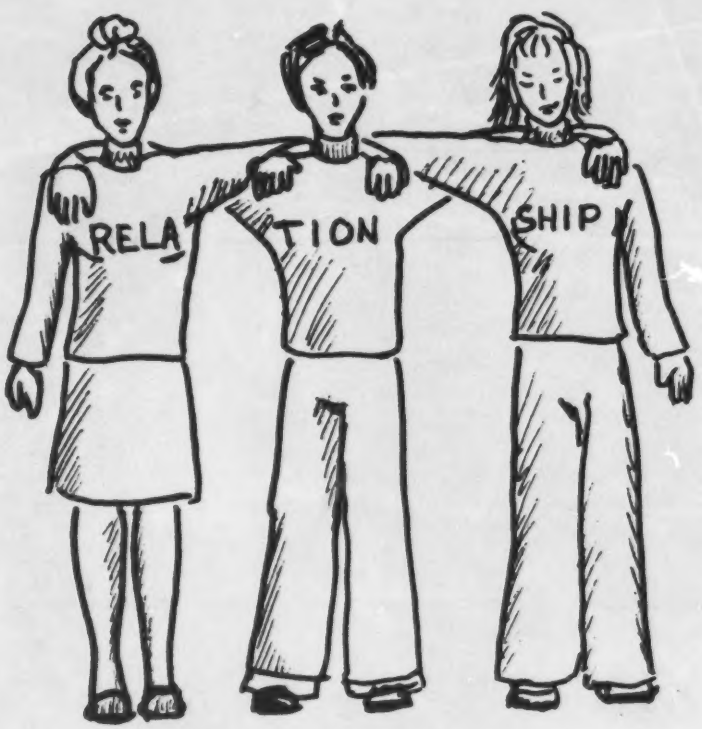
c. Discuss briefly your results. In the discussion, state how a person at #1 on the scale might view his/her relationship with other members of this group, of the workshop, the community, or of the world. Discuss the same for a person who might be at number 5 on the scale.

* * *

1	2	3	4	5

Connection is the key word - but the degree of connection represents your group's range of relationship perceptions from 1 to 5 on your cards. The narrowest perception is likely to be a one-to-one relationship. This may range for some to a broad perception of the individual's relationship to the universe.

A good lively discussion at this exercise may have changed a number of perceptions in your group. The next exercise will explore these changes further.



OVERALL OBJECTIVE

You've explored your perceptions of relationships; you've listened to each other's perceptions, and you've compared the differences. Very likely some or all of the group have changed some perceptions. Let's try a final practice question to see what changes have taken place.

Practice Question

a. What are the various perceptions of the term "relationship" now? Has any group member's position changed? How? Allow all persons to state any changes they feel or perceive taking place in themselves or others. State also any firming up of positions that have taken place.

* * * *

b. All members should now express what they feel to be their "relationship" to the other members of the group.

If you really listened to each other, your answer to a. will probably show that your perceptions have changed quite a bit from those expressed at the beginning of the module. If not, at least the expression of your perceptions and those of others has probably clarified your thinking on the subject.

The author hopes that your answer to b. is a warm and interested relationship.

Please read the post-test aloud to the group. You and the other group members should each use a separate answer sheet to write your individual answers to the post-test questions.

POST-TEST ANSWER KEY

1. Individual answers will vary - all honest expressions are correct.

2. You very likely answered with perceptions of your partners in the exercise. Again, all honest answers are correct.

3. You've succeeded here if you were able to express a major difference between any two.

4. Your wording will be different from mine or others, but your definition should include the idea of "connection."

5. The narrow definition at #1 may very well be connection by marriage or connection by birth; the broad definition at #5 may be "my connection to other people in my country," or "an individual's connection to the universe." Again, your words will be your own and will be correct if they express this general type of range.

6. through 10.

   All call for very personal answers that will vary from individual to individual. All honest answers are correct.

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